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Monday, January 25, 2016 metro.us | t: MetroNewYork | f: MetroNewYork



MARIAH CAREY IS ENGAGED

And Nick Cannon has something to say about it. 20



Malusis: Carmelo deserves praise for first-half performance. 26

CAN YOU DIG IT?

Shovelers were busy throughout the region and mass transit was being restored Sunday after a higher-than-expected snowfall buried the Northeast. 4-8



MTA

IRAN TO BUY 160 PLANES

1 Iran unveiled an expanded shopping list for more than 160 European planes — including 8 superjumbos — and dangled another big order in front of Boeing at Tehran's first major post-sanctions business gathering on Sunday. In a sign of Tehran's determination to compete with established carriers across the Gulf, Transport Minister Abbas Akhooondi said Iran's emergence from isolation would restore a "natural balance" in the region. **REUTERS**



CALIFORNIA JAIL ESCAPE

2 An accused murderer and two other California prisoners were still at large on Sunday after breaking out of the Orange County jail as a massive manhunt for the trio entered its third day, authorities said. Hossein Nayeri, 37, Jonathan Tieu, 20, and Bac Duong, 43, escaped the jail in Orange County and were last seen early Friday morning, Sheriff Sandra Hutchens said in a statement on Sunday. The trio cut through steel bars, climbed through a plumbing tunnel and used bedsheets to lower themselves down. **REUTERS**

KERRY'S PEACE PRESSURE

3 The lead negotiator in the Syrian opposition said it was coming under pressure from Secretary of State John Kerry to attend peace talks in Geneva this week in order to negotiate over steps including a halt to air strikes. The opposition's High Negotiation Committee has said it will not attend negotiations until the government take steps mentioned in a UN Security Council resolution. **REUTERS**



CAMPAIGN TRAIL

7 Audience members listen to Democratic presidential candidate Hillary Clinton at a campaign event at Vernon Middle School on Sunday in Marion, Iowa.

7
THINGS YOU
NEED TO KNOW



ALL PHOTOS BY GETTY IMAGES

FIRE DEATH A HOMICIDE

4 Police are asking for the public's help in identifying a man wanted in connection with the death of a 61-year-old Brooklyn man whose death in a fire on Friday was ruled a homicide. Once the fire was under control, the FDNY discovered Romulo Heras inside his apartment with a neck wound and emergency personnel pronounced him dead at the scene. **ANGY ALTAMIRANO**



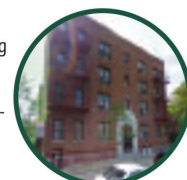
NYPD

VIDEO MAY SHOW ATTACK

5 A video published on Sunday by the media center of Islamic State claimed to show images and last statements of nine of the people who took part in the Paris attacks that killed 130 people on Nov. 13. Reuters could not independently verify the authenticity of the footage. The French Foreign Ministry declined to comment on it. There was no immediate comment from the Prime Minister's office, and Reuters was not immediately able to reach officials at the Interior Ministry. **REUTERS**

SNOWSTORM SHOOTING

6 A Brooklyn man was arrested and charged Saturday in the fatal shooting of his friend and neighbor, according to police. Authorities discovered 37-year-old Zdzislaw Golabek unconscious and unresponsive with a gunshot wound to his head, cops said. Emergency personnel pronounced him dead at the scene. **ANGY ALTAMIRANO**



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ALL PHOTOS MTA

Subway, bus service resumes with delays after snowstorm

Most above-ground subway service has been restored, however some remained closed for intensive snow clearing.



ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Service on the city's subway and bus lines for the most part resumed on Sunday, with some above-ground lines still closed after Saturday's historic snowstorm.

The MTA announced Sunday that service on the subway lines and MTA bus network had resumed, however on a modified Sunday schedule.

MTA personnel made route-by-route assessments overnight and will continue to monitor conditions on a route-by-route basis throughout the day.

Portions of the above-ground subway network, which were hit hardest by the snowfall, have been restored.

The restored lines include: the 1 line in Bronx and Manhattan; 2 in the Bronx; 3 in Manhattan and Brooklyn; 4, 5, 6 in the Bronx; 7 in Queens; D, F, G, in Brooklyn; J, M in Brooklyn and Queens; L in Brooklyn; A to Lefferts

Boulevard and Far Rockaway; Rockaway Park shuttle; and N to Astoria Ditmars Boulevard and Stillwell Avenue.

Some outdoor lines still remained closed as of Sunday evening, requiring more intensive snow-clearing work. These lines are the Q Brighton Beach line, and the S Franklin Avenue shuttle.

All bus routes — which were out of service as of Saturday afternoon — were back on line Sunday morning on a modified Sunday schedule and with some detours.

Access-A-Ride service has also resumed making scheduled trips and the call center is open.

Limited buses will be making all local stops on restored routes, and 40-foot buses will replace 3-door buses on all Select Bus Service (SBS) routes.

Long Island Rail Road service was due to resume at 5 a.m. today on the Port Washington, Oyster Bay, Port Jefferson, Ronkonkoma, Huntington, Babylon and Greenport lines.

The restored subway service will for many lines operate at lower service numbers than normal and delays remain possible on a line-by-line basis. Straphangers should monitor service status on MTA.info to learn when particular lines have resumed service.

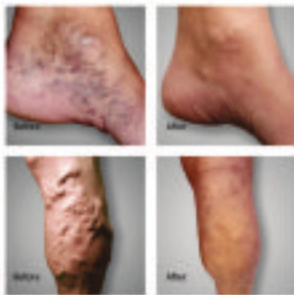


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NYC digs out

A total of 26.8 inches was recorded in Central Park, making it the second-largest snowfall in NYC since 1869.



ANGY ALTAMIRANO
@MetroNewYork
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Winter Storm Jonas is now gone from New York City, leaving behind more than 2 feet of snow —becoming the second-largest snowfall in the city's history — and slowing down the city for the next few days.

A total of 26.8 inches of snow was recorded in Central Park and, although the travel ban was lifted Sunday morning, Mayor Bill de Blasio still urged New Yorkers to avoid traveling in order to allow plows to continue clearing streets.

"While the storm is over, there is still work to be done," de Blasio said. "Our tireless sanitation workers are out in full force and we must give them space to clear the roads. If you go outside, use caution and stay alert for ice and cold temperatures."

For New Yorkers who are out shoveling, the mayor stressed that people should help their neighbors who aren't in the shape to clear snow on their own; clear out fire hydrants; and also to not throw snow onto the streets.

A total of three people died in the city on Saturday because of snow shoveling, and de Blasio urged those who are not in the best health to leave the shoveling to others.

The mayor also praised the work of the Department of Sanitation which was able to clear all the major roadways and highways by early Sunday morning and will work on secondary and tertiary streets the rest of the day.

"We are just a little over 12 hours when the storm stopped and gave us an opportunity to start clearing," said DSNY Commissioner Kathryn Garcia.

Garcia added that Saturday afternoon was an "extraordinarily difficult storm" for the agency with the city seeing 3 to 4 inches of snow falling per hour. And although the

first response was great, she said the battle hasn't been won yet as the cleaning will continue for days.

"Everything will be slower than usual," de Blasio said. "There will not be enough parking because those parking spaces are now occupied by 27 inches of snow."

Although the majority of the city has been cleared out, the mayor was questioned on the city's response to Queens — residents there are saying their streets are still under snow. Some took to social media with the hashtag #PlowQueens attaching photos of their streets still not plowed.

According to de Blasio, the city is aware of the issues in some neighborhood in Queens and the Department of Sanitation is focusing strongly on the borough with 60 more plows on the ground out there, with a total of 850 plows in Queens.

De Blasio also traveled to Queens on Sunday to speak to constituents and let residents know that the help was on its way.

"I hear you, Queens. We've got 850 @NYCSanitation plows clearing your streets. We won't quit until the job is done," he tweeted Sunday afternoon.

According to the NYPD, after the a travel ban was issued on Saturday, a total of 25 summonses were given out — eight in Manhattan, five in Brooklyn, 11 in the Bronx, one in Staten Island. Police also helped with 367 tows across the city.

The FDNY also responded to 6,000 emergency calls during the storm, including 4,000 medical calls.

On Sunday afternoon, the mayor announced that alternate-side parking will be suspended until Monday, Feb. 1. The city is also allowing any drivers who are parked adjacent to the school in "No Standing — School Hours" zones to stay in those spots until Wednesday, Jan. 27.

All public schools in the city will be open on Monday, however students and teachers are urged to take extra time to travel and to use public transportation as much as possible.

"The timing couldn't be better in our ability to respond because it was exactly in the beginning of the weekend," de Blasio said. "I'm sorry to my younger constituents that their dream [of a snow day] will not come true this time."



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NYers band together to shovel out

As the city dug its way out of nearly 27 inches of snow, one Upper East Side man spread the love by sharing the shoveling.

Joe Sinagoga, 54, was out in the streets with his \$15 shovel, helping people along his way all afternoon. Each time the city gets blanketed, he sets off on a mission to get people moving along on the roads.

"For this car, I've been here about an hour now," Sinagoga said.

"He's an angel, this guy," Marc Hazan, 53, said, shovel in hand as the two dug out his SUV. "We just met."

In a long row of cars mostly still covered in snow along East 79th Street, both joked that shoveling all the snow was good exercise.

Earlier in the afternoon, Sinagoga set out to shovel out the John Jay playground where he brings people for physical

training, but it was still locked up.

"On the way back, I shoveled two people out down there, I shoveled another guy out here and I found this gentleman right here," Sinagoga said. "I'm gonna finish this one up and I'm going to walk down to 75th ... gonna get some coffee on the way back and maybe shovel out a few more people."

Sandy Montalbano, 43, and Robert Charleston, 53, returned to the small passenger car they dug out earlier to do some finishing touches so Charleston can leave for his morning commute to Yonkers hassle-free.

"I was gonna put it in the parking lot when they said 6 to 12 inches and then they surprised us," Charleston said. "At one point, after a bottle of wine, you don't care."

He was out earlier around 11 in the morning and said he paid someone



\$50 to help him dig out his car. Otherwise, he laughed, "it'll kill you."

"I should be good for tomorrow," Charleston said.

A longtime city resident, Montalbano said she has seen "Armageddon" as buses and cars have gotten twisted up in the snow, and was happy that the streets were closed Saturday.

Before the couple left, Charleston got in for a test drive out of the parking spot for a moment in preparation for the morning commute. Sinagoga — still with a shovel in hand — came over to make sure they didn't need anymore help. TRACY LEE

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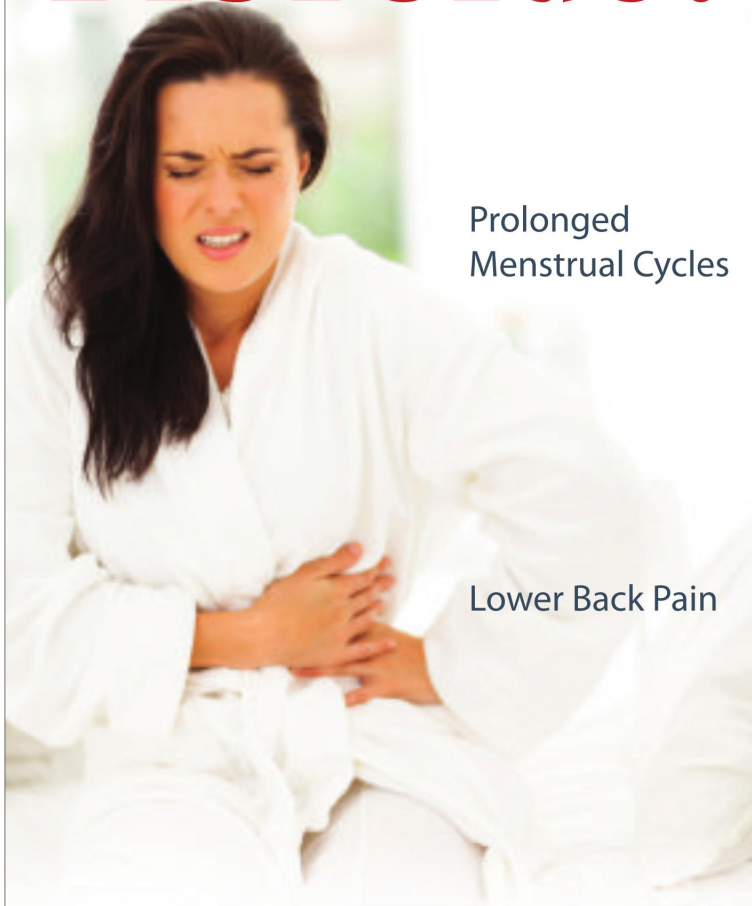
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The well-advertised storm actually turned out to be more than advertised!

These intense storms always seem to ultimately create their own identity and defy computer models in one way or another, but as forecasters, we should realize computer models are guidance and never should be used as the sole bible.

The models were very consistent in planting the bull's-eye of extreme snow across the northern Mid-Atlantic states, in particular the D.C.-Baltimore region.

The Philadelphia area was fairly consistent as well with at least a foot of snow event.

The computers handled terribly the extent and fierceness of just how far the extreme snow would penetrate. A sharp cutoff of snow to the north and west of the storm was strongly indicated by all of the most reliable of computer models, with the northern edge of the heavy snow line just brushing New York City and anything

The all-time record for snow is 26.9 inches set back on Feb. 11-12, 2006.

This past weekend's storm was 26.8 ... so since we never can be that accurate measuring snow and in some cases forecasting it, I'm calling it a tie.

So New York, you picked up a winter's worth of snow in 36 hours.

north and west would see nothing more than light accumulations.

That, my friends, was a complete bust, as the raging blizzard plowed (pun intended) well into Pennsylvania, New York and southern New England. Even Boston was clipped with 8.2 inches of snow.

This caught all your local meteorologists by surprise as we all scrambled to ramp up snow amounts in areas where blizzard warnings were not posted. The storm was piling up at the rate of 1 to 3 inches an hour without prior warnings, and that is maddening to us and to you.

Forecasting is a science, but one that will lead to blown forecasts from time to time even

New York City

This week will be much more tranquil as we are watching two mini-weather events, well, as of today anyway. The first one is a storm system that will form along the Southeast coast, but this storm should slide well off the Mid-Atlantic coast. The second is a clipper on Friday that could lead to snow flurries or perhaps a little light snow.

with the most highly advanced computer models as our biggest forecasting tool.

As far as any storms ahead, we are watching a storm that will take shape off the southeast coast on Thursday and as it stands now it should move well off the East Coast.

The next storm time frame would be Feb. 2-8 as the arctic oscillation should go negative (raising the potential for cold air) at the same time the North Atlantic oscillation goes a tad toward negative (negative phases in AO and NAO increase storm and snow chances). However, this phase will not nearly be as super negative than what we just experienced with this past storm.

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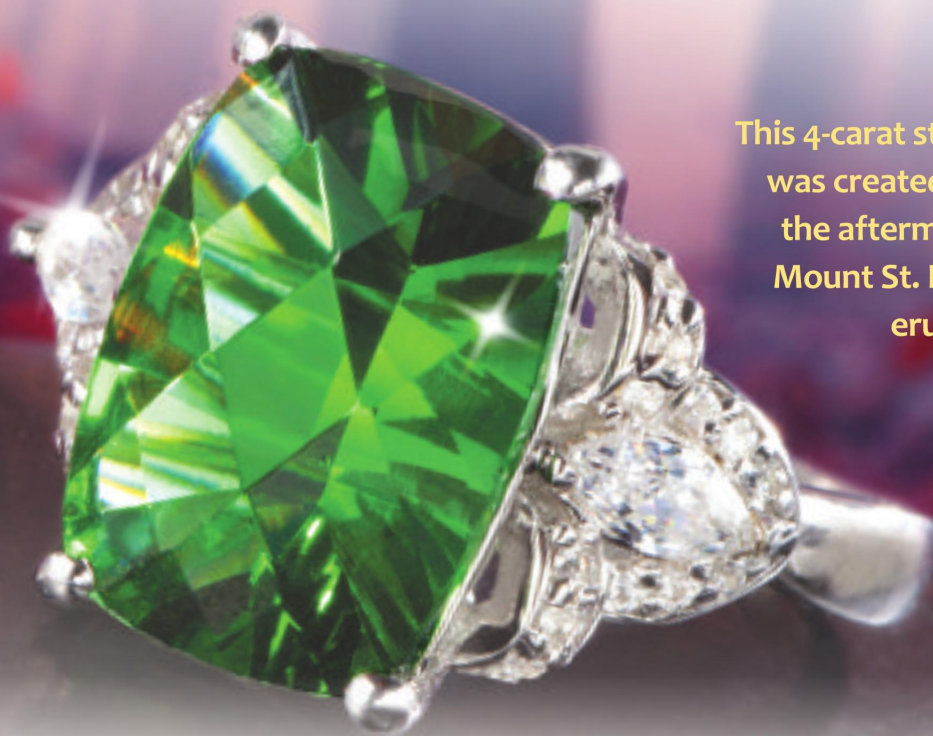
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Man wanted for bank robbery spree

In each incident, the suspect approached the teller, demanded money and then fled.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Police are looking for a suspect they said is responsible for five bank robberies in Manhattan — one in November and the others all this month.

The string of robberies began on Nov. 24, 2014, at about 11:45 a.m. when the man entered a Chase bank at 611 Avenue of the Americas, approached a teller and demanded money, cops said. The teller complied and the suspect fled with an undetermined amount of money.

Months later on Jan. 12 at about 9:35 a.m., the suspect entered the same



bank on the Avenue of the Americas, approached a teller and demanded money, according to police. The teller again listened and the suspect fled with an undetermined amount of money.

Days later, on Jan. 22, the suspect struck three banks on the same day.

At about 1:10 p.m., he entered the Wilshire Bank on 308 Fifth Avenue and again approached a teller, demanded money and when the teller did not

comply he fled the scene without any money.

Later that day at 3 p.m., the suspect entered a Chase branch at 941 Lexington Avenue and demanded money from a teller. After being handed the money, the suspect fled the scene with an undetermined amount of money.

About five minutes later, the suspect hit an HSBC a few blocks away at 1165 3rd Avenue. He demanded money again and when the teller complied he fled with an undetermined amount of money.

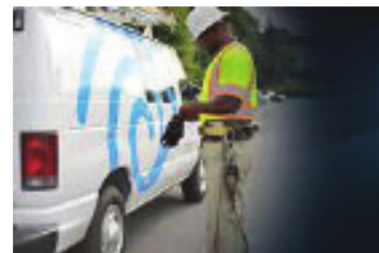
There were no injuries reported in any of the incidents.

Police have released surveillance photos of the suspect inside one of the banks.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS.

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NYC tourism climbs to record high in 2015 for sixth year

The number of tourists visiting New York City rose to a record high in 2015 for the sixth consecutive year, with nearly 60 million people traveling to the biggest city in the United States, officials said on Thursday.

The tourism boom continued apace even though last year brought also a spike in security threats, fueling concern that domestic attacks carried out by sympathizers of the militant group Islamic State were possible in New York.

Following the Paris attacks in November that killed 130 as well as the December shooting in San Bernardino that killed 14, New York City officials repeatedly sought to reassure the public that



Tourists pose for pictures while visiting the ice skating rink at Rockefeller Center in New York City. GETTY IMAGES

the city was equipped to handle any threat.

The New York City Police Department's enormous counterterrorism apparatus was out in full force for signature events like the Macy's Thanksgiving Day Parade and the annual New Year's

Eve celebration in Times Square, which drew more than 1 million people to the center of Manhattan to ring in 2016.

"As the safest and most exciting big city in America, we have so many rich offerings that continue to make the five boroughs a global draw," Mayor Bill de Blasio said in a statement.

The city's more than 100,000 hotel rooms saw a record number of bookings in 2015, according to the city's official tourism and marketing arm, NYC & Company.

About one-fifth, or 12 million, of the out-of-town visitors were from abroad, with the highest numbers from the United Kingdom, Canada, Brazil and China. REUTERS

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Former spy seeks to show UK knew of Gitmo torture: Sunday Times

The prison was opened in 2002 to house foreign terrorism suspects but has drawn international criticism from human rights activists and many foreign governments. President Barack Obama is seeking to close it.

A former senior British intelligence officer wants to give evidence that the country's security services knew about the torture of inmates at the U.S. prison camp in Guantanamo Bay, a newspaper reported.

The former officer is seeking permission to present evidence to a forthcoming parliamen-



A detainee walks through the recreation yard at the detention center for "enemy combatants" on Sept. 15, 2010 in Guantanamo Bay. GETTY IMAGES

tary inquiry that British officials saw detainees being tortured in December 2002, the Sunday Times said quoting senior security sources.

Details of torture were disclosed during meetings held at the London headquarters of Britain's MI5 in 2002 and the evidence is believed to include claims that British officials witnessed inmates being chained, hooded, waterboarded and subjected to

mental abuse by CIA officials, the report said.

No one was immediately available to comment at Britain's interior ministry which handles media queries relating to MI5.

A report by the U.S. Senate published in 2014 said the CIA used sexual threats, waterboarding and other harsh methods to interrogate terrorism suspects in the years after the Sept. 11, 2001, attacks on the United States. REUTERS

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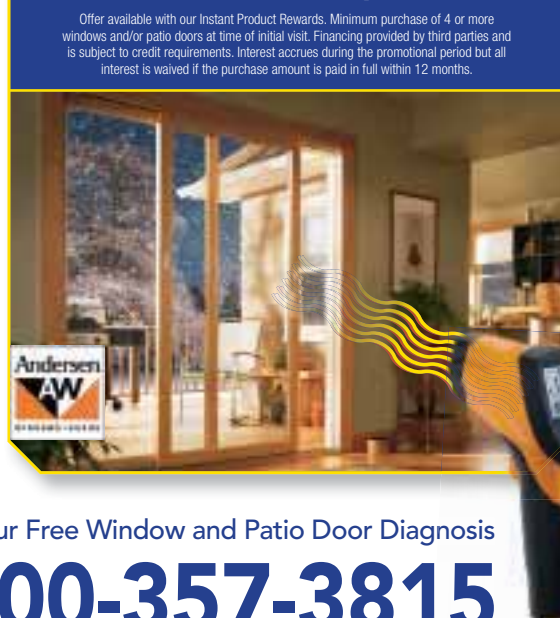
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ICE WARNING

For all the worry about the storm sweeping into D.C., the biggest shoveling has been out in Iowa where the candidates are frantically flinging their messages at voters. The caucus is already raucous, so what's next? My three things to watch in politics, of course!

1. AVALANCHE: With just a week until the political front hits the heartland, the Democratic presidential contenders are joining us on CNN for a town hall meeting Monday night. It will be a last big chance for the candidates to warm up the voters. It's not a debate, so it may seem subdued, but Bernie Sanders' surge in the polls clearly has Hillary Clinton abandoning her cold war strategy — watch for a full-on firefight as the days progress.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



2. ICE STATION ZEBRA: Like soldiers battling for control of an arctic outpost, the two Republican frontrunners are unloading on each other as the hours dwindle down to caucus night. The late polls that showed Donald Trump freezing out Ted Cruz, brought a big question too: Will all those new voters really brave the cold to back the leading candidates — or is it just so much hot air? Meanwhile, mainstream GOPers aren't sure what to do with either of them — so watch the party twist in the wind this week as it tries to come up with a strategy.

3. SLIP SLIDING AWAY: Oh, and btw, there are other people still running. Amid all the Front Four Fever it is easy to forget that other candidates are hoping Iowa will give them a bounce back into the spotlight. Accordingly, it is a fair bet some of those "others" will say some pretty wild things this week trying to grab a hot headline. You can't blame them, but it's time to start placing your bets on who will be next to grab a Flexible Flyer and slip right out of the contest.



Hillary Clinton and Bernie Sanders GETTY IMAGES

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Date: Thursday, January 28, 5:30pm – 6:30pm.

Presenter: James Wysock, MD.

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Shkreli asks US court to consider blocking subpoena



Martin Shkreli GETTY IMAGES

Lawyers for former pharmaceuticals executive Martin Shkreli have asked a U.S. federal judge for guidance on a demand by lawmakers that Shkreli appear at a hearing on Tuesday, writing that if travel restrictions on him are not lifted, the congressional subpoena should be blocked.

Lawyers for Shkreli sent a letter to U.S. District Judge Kiyo Matsumoto in Brooklyn late on Friday laying out the conflict between them and the U.S. House Committee on Oversight and Government Reform over Shkreli's attendance.

Shkreli, 32, stepped down last month as chief executive of Turing Pharmaceuticals Inc. after his arrest on securities fraud charges.

The Oversight Committee says it wants to hear testimony from Shkreli about Turing's decision to raise the price of lifesaving medi-

cine Daraprim by more than 5,000 percent. Shkreli says he should be excused from going to Washington because he plans to invoke his right against self-incrimination and refuse to answer questions.

Under his conditions for pre-trial release, Shkreli is also required to remain in parts of New York state, although he could ask for a travel waiver.

If he does not appear at the hearing, though, lawmakers have threatened to seek criminal contempt charges against him.

The letter on Friday did not ask for a travel waiver for Shkreli, but the lawyers wrote that if Shkreli "may not leave" New York, "then we respectfully request that the court accept this letter as a motion to quash or to stay the subpoena."

A committee spokeswoman could not immediately be reached for comment. **REUTERS**

BRIEF

Hong Kong police arrest Chinese suspect in LA double murder

Hong Kong police said on Sunday they had arrested a Chinese national sought by U.S. authorities on suspicion of murdering two people and attempting to murder a third person in Los Angeles.

In a statement, the Hong Kong police said they had arrested a 44-year-old man following a formal U.S. extradi-

tion request, adding he would appear in court on Monday. It gave no further details about the case.

U.S. officials named the suspect on Saturday as Deyun Shi and said he was suspected of having killed two of his teenage nephews, aged 14 and 15, at a home in Arcadia, a city in Los Angeles county. They believed he had fled to China.

Shi, who U.S. police consider "armed and dangerous," is

also suspected of attacking his wife, U.S. authorities have said.

Hong Kong has an extradition agreement with U.S. authorities that has allowed the transfer of a number of fugitives back to the United States over the years.

"Hong Kong Police will continue to take strong enforcement action against overseas fugitives fleeing to Hong Kong," Sunday's police statement said, with the man having been

apprehended in Tung Chung where the city's airport is located.

A Los Angeles police department official earlier told Reuters it believed Shi was trying to get to Beijing and may have been trying to transit through Hong Kong when he was caught.

Unlike Hong Kong, China does not have an extradition treaty with the United States.

REUTERS



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US adds more countries to Zika travel warning

The warning adds Barbados, Bolivia, Ecuador, Guadeloupe, Guyana, Cape Verde, Samoa and the island of Saint Martin to a list of 14 countries and territories.

The U.S. Centers for Disease Control and Prevention (CDC) extended its travel warning to another eight countries or territories that pose a risk of infection with Zika, a mosquito-borne virus spreading through the Caribbean and Latin America.

The CDC has cautioned pregnant women not to travel to these areas as Zika has been suspected to lead to birth defects.

The Zika virus is transmitted by the *Aedes aegypti* mosquito, which is also known to carry the dengue, yellow fever and Chikungunya viruses.

Health experts are unsure why the virus - detected in Africa in 1947 but unknown in the Americas until last year - is spreading so rapidly in Brazil and neighboring countries.

There is no vaccine



A Health Ministry employee fumigates a home against the *Aedes aegypti* mosquito to prevent the spread of the Zika virus in Soyapango, El Salvador. GETTY IMAGES

or treatment for Zika, which causes mild fevers and rashes. An estimated 80 percent of those infected show no symptoms at all.

Researchers in Brazil said on Wednesday they had found new evidence linking the virus to increasing incidence

of microcephaly, a condition in which babies are born with unusually small heads.

U.S. authorities confirmed on Saturday the birth of a baby with a small head in Hawaii to a mother who had been infected with the Zika virus while visiting Brazil.

The agency issued an advisory last week against travel to Brazil, Colombia, El Salvador, French Guiana, Guatemala, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Suriname, Venezuela, and the U.S. Commonwealth of Puerto Rico. REUTERS

French minister says state of emergency will not last forever

The state of emergency in France needs to be extended given the current security threat but it will not last for ever, French Interior Minister Bernard Cazeneuve said on Sunday.

French President François Hollande said on Jan. 22 that he would ask parliament to extend by three months the state of emergency declared after the Nov. 13 Paris attacks that left 130 people dead, sparking a debate over civil liberties.

Emergency measures that give authorities extra powers to put people under house arrest and conduct raids without a judicial war-

rant had been due to expire on Feb. 26.

"As long as we think that there is an imminent [terrorist] threat, we need the state of emergency," Cazeneuve told France 5 television.

"I hope the state of emergency will have the shortest duration possible but at the same time that it will be in place long enough to ensure the French people are protected," he said.

France's highest administrative court, the Conseil d'Etat, will on Tuesday examine a request from the Human Rights League to end the state of emergency.

REUTERS



French Interior Minister Bernard Cazeneuve GETTY IMAGES

THE RIDE

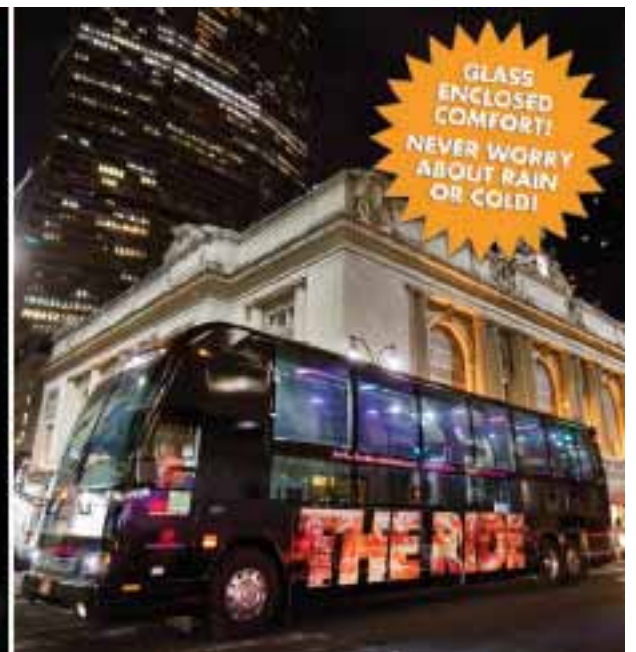
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Bloomberg's possible entry into 2016 race gets mixed reception

Presidential hopefuls on Sunday offered mixed reviews of former New York Mayor Michael Bloomberg's potential independent White House run, with Democratic candidate Bernie Sanders saying it would add another billionaire like Republican Donald Trump to the field.

Bloomberg's weekend revelation, that he is laying the groundwork for a run that he could launch should Democratic front-runner Hillary Clinton falter, sent shockwaves rippling through the entire presidential field.

Sanders, a Democratic socialist and Vermont senator who is threatening Clinton in Iowa and New Hampshire, told ABC's "This Week" program that Bloomberg's



Michael Bloomberg GETTY IMAGES

entry into the race would add a second billionaire to the field. Trump, a real estate mogul, is leading the Republican race.

Sanders has railed against "millionaires and billionaires" and the political power they wield throughout his insurgent campaign for the Democratic nomination.

"That is not what, to my view, American democracy is supposed to be about, a contest between billionaires. If that takes place, I am confident that we will win it," Sanders said.

Hillary Clinton, who won the Register's endorsement on the Democratic side on Saturday, said she expected to negate Bloomberg's rationale for running.

"He's a good friend of mine and I am going to do the best I can that I get the nomination and we'll go from there," she told NBC's "Meet the Press."

"The way I read what he said is that if I didn't get the nomination he would do it ... I will relieve him of that," she said. REUTERS

Washington after the storm



A young girl is sliding on the West Lawn of the U.S. Capitol on Sunday in Washington. Millions of people in the eastern United States started digging out Sunday from a huge blizzard that brought New York and Washington to a standstill, but the travel woes were far from over. The storm — dubbed "Snowzilla" — killed at least 18 people after it walloped several states over 36 hours on Friday and Saturday, affecting an estimated 85 million residents who were told to stay off the roads and hunker down in doors for their own safety. GETTY IMAGES

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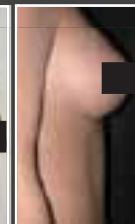
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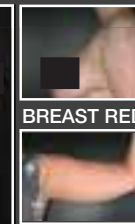
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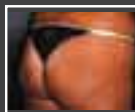
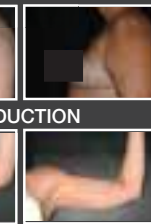
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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. *"The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

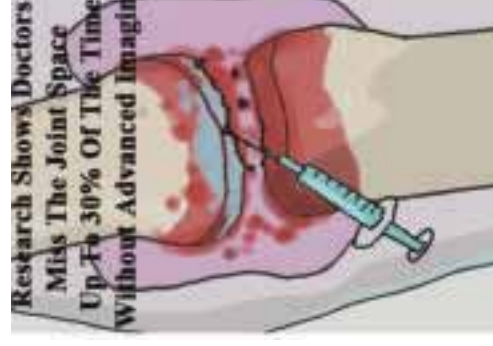
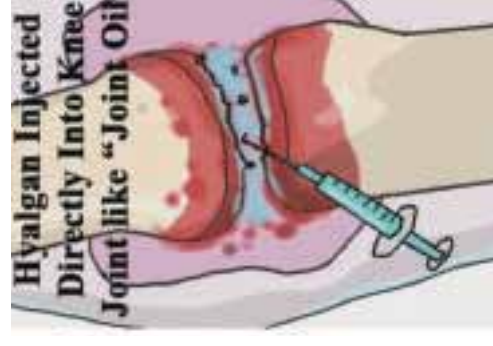
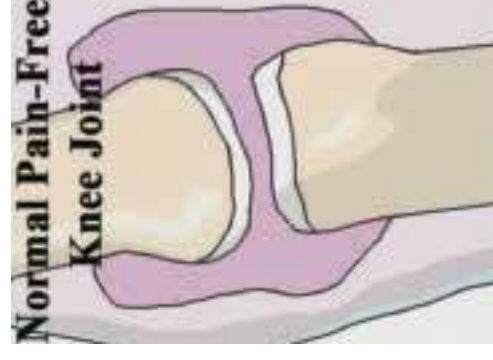
The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the rooster's head. It is extracted from the rooster's comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You

can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at OsteoRelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

And that's not all - OsteoRelief Institute has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see



Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

if you are a candidate for Hyalgan treatments and the P.A.C.E program.

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Nick Cannon is cool with Mariah Carey's engagement



ALL PHOTOS GETTY IMAGES

Big news for Mariah Carey, who announced she's engaged to billionaire James Packer, who sealed the deal with a comically massive 35-carat diamond, according to ET. Very tasteful. Speaking of tasteful, ex-husband Nick Cannon is taking a decidedly supportive stance, offering up an Instagram post cap-

tioned, "Congrats to [Carey] and James! May God bless your future union" along with the hashtags "great people" and "great couple." That's just ... great.

the word

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Chelsea Handler confirms Justin Bieber is the worst

I've been telling people that Justin Bieber is the worst — just the absolute worst — for years now, and finally someone's chiming in to agree. Well, sort of. Chelsea Handler took some questions during a Sundance Film Festival event this weekend, and one of them had to do with which celebrity was her worst interview subject. At first, she didn't really have an answer, but then: "Just Bieber, maybe, because he was trying to flirt with me and it was so uncomfortable," she says. "Like, that's his



shtick. He would come on and flirt with you and you just felt like a child molester right away. And I didn't want to feel that way. I think he does that with everybody." See? The worst.

Iggy Azalea responds to Macklemore's slam



Macklemore is tackling the subject of white privilege, which is nifty. Except he's doing it in a nearly-nine-minute-long track, which is downright self-indulgent. But hey, nobody's perfect. He also takes a moment to name-check fellow artists Miley Cyrus and Iggy Azalea: "You've exploited

and stolen the music ... the culture was never yours to make better," he raps. As it turns out, Azalea is not too pleased. "He shouldn't have spent the last three years having friendly convos and taking pictures together at events if those were his feelings," she tweeted in response to a fan.

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Disaster movies are no disaster for Nick Robinson



"The 5th Wave" actor says the film is rooted in reality, and couldn't be timelier.



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Nick Robinson is only 20, but he's already experienced two of the five natural disasters that take place in "The 5th Wave," the sci-fi movie he stars in alongside Chloe Grace Moretz and Liev Schreiber. "I've experienced blackouts and an earthquake," he says. "The earthquake happened when I

was 5 and lived in Seattle. I remember it pretty vividly, actually. The walls of the classroom were bending like a piece of paper."

Finding redemption

In the movie, he plays Ben, a popular jock Moretz's character, Cassie, has a crush on. When it comes to the disasters and deadly attacks, Ben just can't catch a break, but he preserves. "In the face of overwhelming odds and defeat, Ben finds redemption," Robinson says. "He's very relatable that way. Everyone is faced with problems they don't think they can overcome. I can relate to Ben in that sense, too."



Nick Robinson and Chloe Grace Moretz take cover in "The 5th Wave." SONY PICTURES

At its heart, the movie is about who your instincts tell you to trust, something Robinson says is incredibly timely. "It's the forefront of our national conversation right now, for better or for worse," he says. "I read a poll recently where people from different generations were asked if people were trustworthy. Most people who were baby boomers or from Generation Y said yes, but only 20 percent of millennials said people were trustworthy. It's a depressing idea."

Fast friends

But Robinson had no problem trusting his cohorts on set, especially Liev Schreiber, who Robinson says became his mentor. "There was one scene where he suggested I play it a bit more angry. It hadn't crossed my mind before and it turned out to be the take they used," Robinson says. Off-set, he mainly palled around with the other young actors, like Alex Roe and Moretz, who he says is from Atlanta, where they filmed, and knew all the fun hangouts. "She also

had a Jacuzzi, which was a perk. We put that to good use," he says.

Dream job

But for a sci-fi lover like Robinson, who also starred in last summer's hugely successful "Jurassic World," play bled into work for the duration of his time filming. "I love how sci-fi allows you to explore some ideas and concepts that haven't been invented yet," he says. "But it's not fantasy. It's rooted in reality and that's what I think makes it so interesting."

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A Great Big World on music and musicals

The "Say Something" duo is back for their "Kaleidoscope" tour.

RACHEL RACZKA
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Pop duo Ian Axel and Chad King of A Great Big World took home a Grammy last year for their breakout single "Say Something" with Christina Aguilera. This year, they're headlining a tour — titled "Kaleidoscope," after a track from the NYU alumni's November sophomore release on Epic Records, "When the Morning Comes."

What made you name the tour after the song "Kaleidoscope"?

Chad King: A lot of people know "Say Something," and it's a dark, emotional song, but the rest of our music is light and colorful and positive

and has youthful energy. The feeling the world "Kaleidoscope" gives you is what we want people to feel when they're at our shows.

Which cities are you most excited to hit up?

Ian Axel: I'm excited about Salt Lake City. It's my birthday and we've had some really great shows there in the past. **CK:** Philly is a big one for me, especially because it's at World Cafe Live. This venue — they did it right, because the acoustics in the room and where you perform are really perfect.

IA: It feels like people who go there, they go there because it's known as more of a listening room, where people go to really listen to music.

Do you have any pre-show rituals?

IA: We have to make up a new one. We used to put



A Great Big World invites you inside their Kaleidoscope. JOSEPH LLANES

up our hands together and sing like a barber-shop quartet. **CK:** Maybe we'll do a "Kaleidoscope"-themed barbershop.

What do you need to have on your tour bus?

IA: There's this thing called Lumio that looks like a book but when you open it, it makes a nice warm light. It's great when you're in a hotel room with bad lighting and bad energy.

CK: I'm bringing a pillow

and sheets of my own. Tour buses are usually nice, but it's a lot easier to sleep on your own [sheets] in a new city than to sleep on a sheet that who knows when it's been washed.

So are you guys still in touch with Christina Aguilera?

IA: Yeah, we talk to probably and see her every few months. We were talking about working with her again, and hopefully that'll happen. We'd love it.

You're obviously big believers in Kickstarter after financing your first EP on the site in 2012. Do you go on the site and give back to other projects still?

IA: [My friend] Nate Ashker did this project where he was traveling the world without an airplane, and he documented it. We gave to

that, but that was probably about six months ago. I don't know how we would have done it without [Kickstarter]. We needed money for the EP and we had money for the rent, but we needed to make the album. Chad and I both quit our day jobs and we raised enough money to record six songs and that's what got us signed to Epic.

And now you're making a musical.

IA: We're planning a show soon [in which] we're playing the music of this show. It's going to be like a Great Big World show with special guests. We're over three years into [the musical], and the goal is to be shopping it around this summer. It's making progress, but "Hamilton" was six years in the making and Sting's musical took eight years. It's a process but we're so proud of it.

Bonnaroo producers are launching festivals for craft cocktails and magic

Superfly, the co-founders and producers of Manchester, Tennessee's Bonnaroo and San Francisco's Outside Lands, are getting into the cocktail game.

They're launching Cocktail Magic, what they're promoting as "the country's first craft

cocktail tour" — which is exactly what it sounds like. The tour stops at Weylin B. Seymour's in Brooklyn (March 19) and will bring together some of each respective city's best mixology talent with special guest-tenders from other locales, as well as bites from Roberta's. Your

ticket gets you tastings from all of the aforementioned.

Oh, and there will be magic — provided by a team of illusionists that might have you wondering how many boozy sips you've really indulged in. Plus, a live DJ set by Baio. Cocktail Magic also

stops in D.C. (March 12), Boston (March 26) and Chicago (April 1) — tickets are \$124.50 at Cocktailmagic.com. A portion of ticket sales will go back to the Well Dunn Foundation, a nonprofit supporting internships in the entertainment industry. **RACHEL RACZKA**

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Why superbosses cultivate superstar talent

Working for a superboss might be just the thing to help your career take flight.

ALIZAH SALARIO
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Achieving boss status is no small feat, in work or in life. But if you have vision, swagger and insight in spades, then you may be a next-level boss — a superboss, suggests a recent article in the Harvard Business Review.

According to the HBR, superbosses are great leaders and innovative thinkers, but they also possess a superpower that puts them a notch above others: the ability to identify and groom talent. Superbosses excel at finding people to carry on their vision and legacy — think of creative superbosses like George Lucas or Lorne Michaels.

Early in your career, you're more likely to

work for a superboss than you are to be one, so here are six tips for getting noticed by a superboss.

Seize elevator moments

To stand out to a superboss, you want to capitalize on opportunities to “share ideas, resources, information and make connections,” says Pamela Slim, the author of “Escape From Cubicle Nation” and the CEO of Ganas Consulting. That requires going beyond your job description, and becoming familiar with what problems your boss and company are eager to solve, says Slim. Seize the moment — like when you cross paths with your boss in the elevator.

Remember, it's not about you

Superbosses tend to be very confident and competitive, so approaching one may be intimidating.

But instead of thinking about what your boss will think of you, shift focus to the big picture, suggests Slim. “By taking initiative, you're aware of your boss' most pressing needs and priorities. I think the frame is important. It's not just about impressing somebody, and it's not about you. Showing that you're smart and strategic is how you let people know that you're interested.”

Be a good mentee

If a superboss takes you under his or her wing, make sure the relationship goes both ways. “When they [a superboss] give you advice, make note of it, and send a thank you card. But then more importantly, come back six months later, and say, ‘I wanted to let you know here's what I did, and here are the results.’” The fact you listened to their advice will give them the satisfaction

of making an impact, says Slim. Didn't get the desired results? Still reach out. Failure is part of the process.

Set boundaries

Superbosses love the grind. They have fast-paced careers — and they expect you to fall in line. “When you sign up for something knowing what it takes, you need to deliver,” says Slim. That doesn't mean you have no limits. If you're not setting boundaries, “that's not demonstrating leadership,” says Slim.

Consider yourself a “less experienced equal”

A superboss isn't superhuman. You may be less experienced, but you're not of less value, says Slim. To claim your power and your authority, don't demean yourself, adds the expert.

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Work email is wearing you down

In our “always-on” culture, the pressure to be available 24/7 is stressing out employees, a study finds.

DMITRY BELYAEV
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Modern technology has shackled us to our work, and it's taking its toll on our health. The culture of being at the office's every beck and call is causing high levels of stress for employees, particularly those who use their smartphone's push notification function, which alerts users to every new email.

“Those who told us they check their email very early in the morning or very late at night reported feeling very high levels of pressure,” says lead author Dr. Richard MacKinnon.

The research, conducted by the London-based nonprofit organization Fu-



Under pressure: The “always-on” work culture causes many employees undue stress. ISTOCK

ture Work Centre, found there are strong statistical relationships between how people use email and

work-related stress.

According to scientists, many people have developed bad email-manage-

ment habits. Nearly half of the participants used push notifications; 62 percent leave their inbox open all day; and 16 percent of singles check their email between midnight and 3 a.m.

“There is a great deal of evidence that demonstrates how ongoing stress impacts our psychological and physical health,” MacKinnon says. “Everything from sleep disturbance to relationship problems — it's a major cost to society and organizations. We're not saying

that email will automatically negatively impact employees' health but we do caution that inappropriate use of email could contribute to pressure, which, in turn, can lead to poor health.”

Researchers recommend people not keep their email open all day, and take regular breaks from it. They say it could be beneficial to check your messages only when you really want to, rather than responding immediately.

“In fact, it could be

better to turn off these notifications completely,” MacKinnon concludes. “Rather than being helpful, it could simply be a bad habit people have developed over time. And like all bad habits, it could be changed for the better.”

Scientists plan to take the research forward by examining how email and other communications technology is helping employees with flexible working arrangements and examine the potential downside of an “always-on” work culture.



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MALUSIS: MAYBE IT'S TIME TO GIVE ANTHONY A LITTLE MORE CREDIT



Carmelo Anthony has quietly (yes, quietly) had a very respectable first half to his regular season. GETTY IMAGES

Carmelo Anthony has not done himself any favors since being a Knick.

He was clearly jealous of Jeremy Lin when he captured the imagination of this city and the country when "Linsanity" was born in February of 2012.

I was never a fan of Mike D'Antoni and his coaching style, but Melo did him no favors when he arrived and clearly did not give max effort. There was the ESPN the Magazine article in which he said that "he isn't just about basketball, it has to be bigger than that." That is fine and I am glad that he is enjoying all aspects of life, but it was the wrong message to a fan base that has not witnessed an NBA Championship since 1972-73.

Then there was the Anthony who produced a video taking us into his free agency decision in the summer of 2014 when he described the Bulls as the "perfect fit." The video ironically aired on MSG, was titled "Carmelo: Made in New York," and came after he signed a five-year, \$124 million contract with the Knicks. It detailed just how close he came to deciding to Chicago before he ultimately decided to come back to the Knicks.

Then there was last February, when Anthony decided to participate in the NBA All-Star game and played 30 minutes on a bad knee after missing more than two weeks in the month of January. He shut it down after the All-Star game and had knee surgery as the Knicks would eventually go on to win just 17 games.

So, let's just say there have been some highs and lows since Anthony was acquired from Denver.

It is time to tip the cap and applaud Anthony for his start this season. He

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis



has evolved as an NBA player and is now the player I always wished he could be. One who defends, rebounds, scores and makes others around him better.

I think his evolution has a lot to do with the realization that Phil Jackson drafted an absolute stud in Kristaps Porzingis last summer in the NBA Draft with the fourth overall pick. Even though all of us, including Anthony, questioned the pick and the impact, in Year 1 the selection of the young Latvian has turned out to be a stroke of brilliance.

Anthony has led by example and with his words. He even fired back at Charles Barkley of TNT after Barkley questioned his leadership.

Anthony added, "Me and my teammates, we have conversations, we have players-only meetings. I speak up and I'm heard."

I have certainly been critical since his arrival and described Anthony as a great scorer and not a great all-around player. I never thought he made his teammates better. ESPN analyst Jon Barry used to describe Anthony

perfectly, as there are guys who play the game to win and there are guys who play to play, and Anthony plays to play.

As a member of the Knicks, I think that perfectly described Anthony. He was a ball stopper who was a high volume, low percentage shooter, and I am a Syracuse grad. I cheered and rejoiced in New Orleans when, as a freshman, he led Syracuse to a National Championship with a victory over Kansas.

I have a picture with Syracuse coach Jim Boeheim on Bourbon Street on that Tuesday morning after the national championship was secured. Anthony helped bring me a great moment in my life, one that I will not soon forget. So, I was not being critical for the sake of being critical when doing shows on WFAN.

I did not enjoy watching that version of Carmelo Anthony playing basketball here in New York. I love watching him play the game now with a love and a passion that I have not witnessed in quite some time. He has shown leadership by leading by example and with his words. He is averaging 21 points, seven rebounds and four assists per game. He has shown great effort both offensively and defensively. He has been fantastic, and this past Thursday was elected to his ninth All-Star game.

This year, that honor has a much different tone. The Knicks are play-off relevant and Anthony has a lot to do with it. At age 31, he has bought in and changed and evolved his game as an NBA player. He deserves all the accolades this season because he is playing the way a great all-around player plays. Anthony reinvented himself and the Knicks are a better team for it.

"It is time to tip the cap and applaud Anthony for his start this season. He has evolved as an NBA player and is now the player I always wished he could be."

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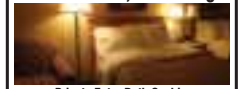
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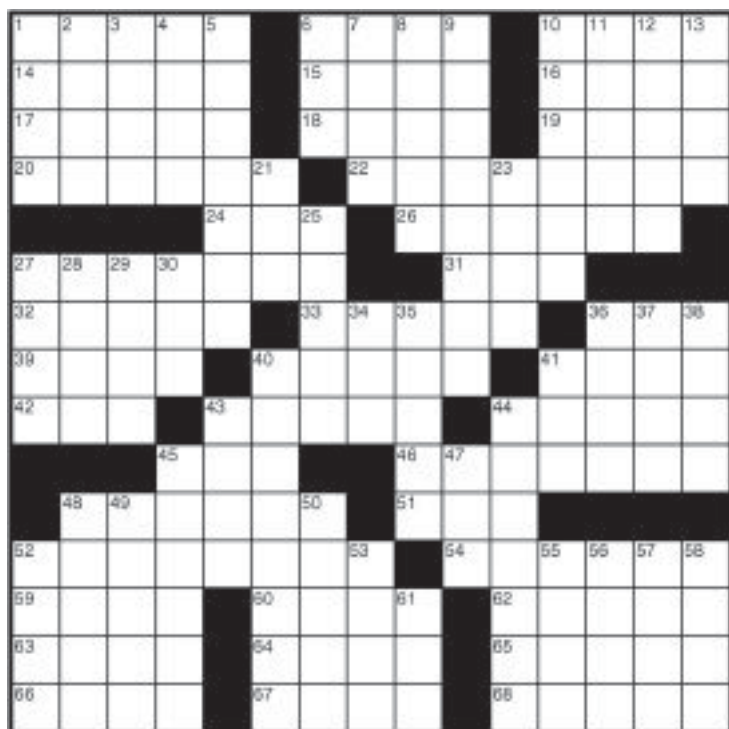
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Across

- 1 Bea Arthur sitcom
- 6 Powder, to some
- 10 Soccer period
- 14 Block, legally
- 15 Rain heavily
- 16 Bouquet
- 17 Cruise port
- 18 Himalaya sighting
- 19 "— Lisa"
- 20 Dreaded phone status (2 wds.)
- 22 Torpor
- 24 Alley —
- 26 Gets crowned
- 27 Whole number
- 31 Application
- 32 Good buys
- 33 Dog complaints
- 36 Suffix for forfeit
- 39 "My Fair h—"
- 40 Leaf junctures
- 41 Oodles (2 wds.)
- 42 Um's cousins
- 43 Bolshoi rival
- 44 Young person
- 45 Razor brand
- 46 Take a cue from
- 48 Chin tuft
- 51 Jazz's home
- 52 Makes the rounds?
- 54 Rain forest parrots
- 59 Prowl
- 60 Hard mild cheese

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- 62 Not even spoken of
- 63 She, in Seville
- 64 Go through carefully
- 65 Revise
- 66 Part of PBA
- 67 Detected
- 68 Alluvial fan

Down

- 1 Post-it message
- 2 C — cat
- 3 Jazz's home
- 4 Thank you, in Kyoto
- 5 Play wrap-ups (var.)
- 6 Eavesdrop
- 7 Eggnog time

- 8 Toward the edge
- 9 Reports (hyph.)
- 10 It may be paid
- 11 Deck the halls
- 12 Pines for
- 13 Donnybrook
- 21 Mother rabbit
- 23 Leak giveaway
- 25 "Stir Crazy" star
- 27 Groundless
- 28 Close
- 29 Youngsters
- 30 Ron who played Tarzan
- 34 Shoguns' capital
- 35 Crowbar
- 36 Wrist-to-elbow bone
- 37 Tree anchor
- 38 Raison d' —
- 40 Congeniality
- 41 Have a cold
- 43 Toy on a string
- 44 Changed drastically
- 45 Masked superhero
- 47 Shaggy flower
- 48 Liverpool lockups
- 49 Ph.D. exams
- 50 Fisher or Murphy
- 52 La — tar pits
- 53 Under lock and key
- 55 Tagged along
- 56 Explorer — Tasman
- 57 Custom
- 58 — pop
- 61 Geog. feature

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easy

		3		6	5		
		4		3			7
	7	1				3	4
			7	6	4		5
4				5			2
7			2	1	8		
2	3					9	5
1				8		4	
		5	1			6	

hard

	4		8			9		
		2	6	5				4
6	1		4					5
		8	9				3	
			7	2	8			
	5				3	8		
5					1		9	6
9				8	4	1		
		1			6		4	

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Aries Get out and socialize. The people you meet will change your life. An offer will prompt you to make a move. Get all the details before you commit.



Taurus Make plans to do something with the youngsters in your life or spend a romantic evening with someone you love. The more you interact with others, the more you stand to gain.



Gemini Don't limit what you can do. Be up-front with someone about your qualifications and feelings. Avoid indulgent behavior and extravagance.



Cancer When making a deal, make sure that you give yourself enough leeway to feel comfortable moving forward. Romance is in the stars, and greater security is within reach.



Leo Don't get angry when you should get moving. If something needs to be done, forge ahead and don't look back. As long as you are reliable, you have nothing to worry about.



Virgo Love is on the rise. Discuss what you'd like to see happen and put some plans in motion. A vacation or joint venture will bring you closer to your dreams.



Libra You can offer help, but don't get taken for granted. Put a limit on how much you will do, and refuse to let anyone guilt you into anything more. Make personal changes.



Scorpio You'll have unusual ideas that will help you find solutions to pending problems. Your keen sense of timing coupled with your insight will conquer whatever you come up against.



Sagittarius If you make unrealistic promises, you will suffer an emotional or financial loss. Keep your personal affairs a secret or the information will be used against you.



Capricorn Gather information and put a plan together that will help you raise your profile and your reputation. A business trip will pay off, as will a romantic gesture.



Aquarius Your personal relationships will flourish if you share your feelings and intentions. Make a promise that will help you enforce positive alterations at home and work.



Pisces Be direct, ask questions and do your best to find out exactly what's going on. A trip or cultural event will give you plenty to think about.

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All investing terms
All tennis-related words
All things you do at the beach
All antonyms of 'low'

Tomato		Backgammon
Swim	Serve	Happy
Chimpanzee	Spam	Adventure
Deuce	High	Dividend
Duplicate	Urdu	Cheese
Monopoly	Surf	Mandarin
Sunbathe	Mustard	Volley
Asset	Profit	Craps
Hindi		Raspberry

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President Obama delivers his final State of the Union

In a surprising emotional endorsement of anti-science Christianity, the climate change denial, President Barack Obama avoided a flurry of gassy platitudes in favor of big ideas at his final State of the Union speech.



Alabama chief justice: No gay marriage in my state

Judges who follow his order risk being held in contempt of court for violating the federal ruling.



Texas 'affluenza' teen taken into custody in Mexico

Ethan Couch became known as the "affluenza" teen during his trial in juvenile court, where a psychologist said he was so needy and spoiled he could not tell the difference between right and wrong.



Militiamen occupy wildlife refuge as dispute flares

The armed occupation is part of a decade-old conflict between ranchers and the federal government.



North Korea claims first successful H-bomb test

The move set off alarm bells in Japan and South Korea.



'Trumponomics' could cause a recession: Economists

A new report from Politico has experts explaining the Donald's fiscal plan.



Legendary rock musician David Bowie dies at age 69

A fight has gone out in the world.



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A photograph of a female teacher with dark hair in a bun, wearing a colorful patterned shirt, looking at a young Black boy in a blue and black hoodie. They are in a classroom setting with colorful toys and papers in the background.

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